

# WELLNESS ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8:30 A.M.</b> Wave Walk  <b>9:00 A.M.</b> Massage Therapy by Appointment Aerobics/Strength  <b>1:00 P.M.</b> Yang Style 24 Form Aqua Buddies  <b>1:30 P.M.</b> Beginner Bridge  <b>2:00 P.M.</b> Water Aerobics  <b>3:00 P.M.</b> Mahjong  <b>3:30 P.M.</b> Card Stitching  <b>7:00 P.M.</b> Game Night	<b>8:00 A.M. - 12:00 P.M.</b> ARMC Physical Therapy  <b>9:00 A.M.</b> Tai Chi  <b>10:30 A.M.</b> Ladder Toss  <b>1:00 P.M.</b> Beginner Line Dancing  <b>1:30 P.M.</b> Line Dancing  <b>4:00 P.M.</b> Water Volleyball	<b>9:00 A.M.</b> Aerobics/Strength  <b>10:30 A.M.</b> Yoga Coloring Club  <b>11:00 A.M.</b> Beginner Tai Chi  <b>1:00 P.M.</b> Seated Tai Chi Aqua Buddies  <b>2:00 P.M.</b> Aqua Bikes  <b>2:30 P.M.</b> Billiards  <b>4:00 P.M.</b> Poker Bocce Ball	<b>8:00 A.M. - 12:00 P.M.</b> ARMC Physical Therapy  <b>9:00 A.M.</b> Tai Chi  <b>10:15 A.M.</b> Pickleball/Badminton (off campus)  <b>10:30 A.M.</b> Corn Hole Toss  <b>11:00 A.M.</b> Tripoley  <b>2:00 P.M.</b> Water Aerobics Scrabble  <b>3:00 P.M.</b> Sudoku  <b>3:30 P.M.</b> Chair Volleyball	<b>8:30 A.M.</b> Arthritis Away  <b>9:00 A.M.</b> Aerobics/Strength  <b>10:00 A.M.</b> Yang Style 24 Form Rummikub  <b>11:00 A.M.</b> Seated Tai Chi  <b>11:30 A.M.</b> Pinochle  <b>1:00 P.M.</b> Beginner Tai Chi Aqua Buddies  <b>2:00 P.M.</b> Water Volleyball

## SATURDAY/SUNDAY

Pool hours: 6 a.m.-10 p.m. (open swim).

Table tennis and Wii are always available in the Aerobics Room.

Horseshoes, putting and shuffleboard are always available.

# CLASS AND ACTIVITIES DESCRIPTIONS

**AEROBICS/STRENGTH** Energize your body as you move through a variety of exercises designed to increase flexibility, muscular strength, balance and cardiovascular conditioning.

**AQUA BUDDIES** Swimming and lap walking with an active group of men while making new friends in the water.

**ARTHRITIS AWAY** A shallow water program of moderate water movements and gentle stretches for reducing joint pain.

**BOCCE BALL** This is a relaxed but competitive game that can be played indoors or outdoors.

**CARDIO SPLASH** Fun and challenging movements that include high-intensity cardiovascular and muscle conditioning for a total body workout.

**CHAIR VOLLEYBALL** This fun game helps develop good hand-eye coordination and upper-body strength while playing a slightly modified version of volleyball using a beach ball.

**CHAIR YOGA** A great low-impact option for everyone! The class will move your whole body through a complete series of seated and standing yoga poses. Come join this yoga class for all levels focused on mindfulness and meditation with some gentle stretching included.

**COLORING CLUB** Come join others in coloring to unlock your inner creativity and relieve stress and anxiety.

**CORN HOLE TOSS** Join this activity to enjoy a competitive and fun tossing game while working on hand-eye coordination.

**LADDER TOSS** The object of the game is to wrap three bolas around the three steps of the ladder. Each bola has different point amounts. The first person to reach 21 points wins.

**LINE DANCING** Join us as we learn a variety of dances. The goals are to keep moving, get your heart rate up and have fun.

**PUTTING ON THE GREEN** Come out and have a great time with friends "putting on the green"!

**SHUFFLEBOARD** Players push weighted discs, sending them gliding down a court with the purpose of having them come to rest within a marked scoring area.

**STRATEGY GAMES** Games that will put your mind to the test and allow you to exercise your brain, including bridge, Scrabble, Rummikub, Mexican Train Dominoes, Skip-Bo, Kings in the Corner, poker, bunco, sudoku, pinochle, mahjong, canasta and bingo.

**TAI CHI** Discover improved balance, strength, flexibility and mobility without fear of falling. This relaxed Chinese-inspired practice helps with arthritis and is easy on your joints.

**TAI CHI CLASS FOR BEGINNERS** Based upon Dr. Paul Lam's Tai Chi for Arthritis and Fall Prevention programs, this class will teach students warm-up exercises; tai chi principles; and basic Sun-style tai chi forms with emphasis on balance, posture and breath control.

**SEATED TAI CHI** Based upon Dr. Paul Lam's Tai Chi for Arthritis and Fall Prevention programs, this class is designed to be performed while seated. Students will learn warm-up exercises; tai chi principles; and basic Sun-style tai chi forms with emphasis on balance, posture and breath control.

**YANG STYLE 24 FORM** This class is an intermediate to advanced class. Students will learn warm-up exercises, tai chi principles, Qigong Exercise Yang Style 24 Form with emphasis on how to improve their tai chi.

**WATER VOLLEYBALL** Come play a fun game of beach volleyball in the water with friends.

**WAVE WALK** A low- to moderate-intensity shallow water workout that will keep you loose and limber for the rest of the day.

**YOGA** Suitable for all levels, this class is based on physical postures, deep breathing, mindfulness and listening to the body.